



# 8. ITH Hennesee Triathlon

Meschede / 13.06.2015

## Detailed evaluation

Honke, Nora

Total time: 1:12:25

Club: DLC Aachen

Number: 177

Course: 25.70 km

Rank in course/Total: 9 (of 113)

Volksdistanz (0,70-20,00-5,00)

Rank in course/Women: 1 (of 26)

Best time in course: 1:12:25

Category:

Rank in category: 1(of 2)

AK3 weiblich (30-34 Jahre)

Best time in the category: 1:12:25

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Schwimmen nett	0.70	11:10	15:57	1	-	1	-	0.70	11:10	15:57	1	-	1	-
Wechsel S -> R	-	1:44	-	1	-	1	-	0.70	12:54	18:25	1	-	1	-
Schwimmen Total	0.70	12:54	18:25	1	-	1	-	0.70	12:54	18:25	1	-	1	-
Rad netto	20.00	39:00	1:57	1	-	1	-	20.70	51:54	2:30	1	-	1	-
Wechsel R -> L	-	1:08	-	1	-	2	0:05	20.70	53:02	2:33	1	-	1	-
Rad Total	20.00	40:08	2:00	1	-	1	-	20.70	53:02	2:33	1	-	1	-
Lauf	5.00	19:23	3:52	1	-	1	-	25.70	1:12:25	2:49	1	-	1	-